

Breakout Group: Schools

RI Summit: Healthy Living & Active Living Collaborative

Breakout Group: *Schools*

Please choose your top five objectives, then **rank** (1-5) according to priority, with 1 being your top priority.

- _____ 1.) Increase the number of schools that implement policies that limit unhealthy foods and beverages on the school campus and encourage healthy foods and beverages.
- _____ 2.) Increase the number of school meals that exclude whole milk and offer only fat-free (skim) or 1% (low-fat) milk as part of their school meals program.
- _____ 3.) Increase the number of school meal programs that implement policies that limit higher fat entrée items (those that have 40% of calories from fat, excluding nuts, seeds, and nut butters) to once per week.
- _____ 4.) Increase the number of schools that increase the number and variety of fruits and vegetables offered through the school lunch and breakfast programs.
- _____ 5.) Increase the number of schools with a policy requiring that adequate time be provided for school breakfast (at least 10 minutes after being seated) and school lunch (at least 20 minutes after being seated).
- _____ 6.) Increase the number of schools that provide sequential nutrition education in grades K-12 that is behaviorally focused, uses active learning skills and is integrated with the School Meals Program.
- _____ 7.) Increase the number of schools with farm-to-school programs.
- _____ 8.) Increase the number of schools with nutrition education programs and educational information for staff and families.

- 9.) Increase the number of schools that adopt state nutrition guidelines for all foods and beverages sold and served in after school programs.
- 10.) Implement a statewide ban on the advertisement of unhealthful foods and beverages on school television programs (e.g. Channel 1).
- 11.) Increase the number of elementary schools that provide 150 minutes of physical education per week for all students that is aligned with the RI Physical Education Standards.
- 12.) Increase the number of middle and high schools that provide 225 minutes of physical education per week for all students that is aligned with the RI Physical Education Standards.
- 13.) Increase the number of schools with policies or programs that provide opportunities for physical activity that are not a substitute for PE.
- 14.) Increase the number of after school programs with policies or programs that encourage physical activity.
- 15.) Increase the number of schools that provide families with opportunities to be physically active.
- 16.) Increase the number of schools that address screen time education in their school improvement plans.
- 17.) Increase the number of after school programs with policies or programs to reduce screen time.
- 18.) A breastfeeding education charter curriculum will be implemented in an increased number of pilot charter schools in Rhode Island.
- 19.) Increase the number of schools that offer obesity prevention programs for staff and families.

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Breakout Group: *Schools*

Topic Area: *Nutrition*

1.) Increase the number of schools that implement policies that limit unhealthy foods and beverages on the school campus and encourage healthy foods and beverages.

Example Strategies:

- 1.) Partner with Healthy Schools Coalition, Coordinated School Health Program, Kids First, etc.
- 2.) Provide educational trainings and workshops for School Wellness Subcommittees.
- 3.) Develop and disseminate informational package on nutrition policies to Independent Schools.
- 4.) Assist in the development and dissemination of toolkits to School Wellness Subcommittees.
- 5.) Develop a state endorsed policy language for nutrition that includes Nutrition Standards for all foods available in schools and corresponding approved foods list.
- 6.) Expand and strengthen school-based relationships with vendors/distributors of healthier foods and facilitate getting healthier foods into the schools.
- 7.) Consider implementing the following policies limiting unhealthy foods and beverages: snack bar policy, vending policy, sporting and extracurricular events policies, fundraising policy, a la carte food and beverage policy, student rewards policy, classroom snack policy and school store policy.

Additional Strategies:

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Topic Area: *Nutrition*

2.) *Increase the number of school meals that exclude whole milk and offer only fat-free (skim) or 1% (low-fat) milk as part of their school meals program.*

Example Strategies:

- 1.) Partner with Child Nutrition Programs, the *Healthy Schools Coalition* and the Coordinated School Health Program.
- 2.) Provide training to school administrators, Wellness Subcommittees, Parent Organizations, School Improvement teams regarding benefits of participation in School Meals Programs.
- 3.) Provide cost-benefit presentation showing revenues lost to school by low participation rate and benefits to students in terms of academics, behavior, etc.
- 4.) Implement school contests around the Meals Programs to encourage participation.

Additional Strategies:

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Topic Area: *Nutrition*

3.) Increase the number of school meal programs that implement policies that limit higher fat entrée items (those that have 40% of calories from fat, excluding nuts, seeds, and nut butters) to once per week.

Example Strategies:

- 1.) Partner with Child Nutrition Program, Coordinated School Lunch Program and the New England Dairy Council.
- 2.) Provide training and technical assistance to school food service regarding the importance of switching to low fat or skim milk.
- 3.) Integrate this change with educational programs promoting healthy dairy choices.

Additional Strategies:

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Topic Area: *Nutrition*

4.) Increase the number of schools that increase the number and variety of fruits and vegetables offered through the school lunch and breakfast programs.

Example Strategies:

- 1.) Partner with Child Nutrition Program, Coordinated School Lunch Program to work with school food service providers.
- 2.) Provide training and technical assistance to food service providers regarding lower-fat alternatives.
- 3.) Develop and implement state guidelines that limit higher-fat entree items to once per week.
- 4.) Provide food service providers with resources for preparing and selecting low-fat entrees.

Additional Strategies:

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Topic Area: *Nutrition*

5.) Increase the number of schools with a policy requiring that adequate time be provided for school breakfast (at least 10 minutes after being seated) and school lunch (at least 20 minutes after being seated).

Example Strategies:

- 1.) Partner with Child Nutrition Program, Coordinated School Lunch Program to increase the number and variety of fruits and vegetables served.
- 2.) Educate food service providers about the benefits of serving more fruits and vegetables and creative ways to serve food that will appeal to children.
- 3.) Provide nutrition education activities/events to promote fruit and vegetable consumption.
- 4.) Promote farm to school initiatives.
- 5.) Implement recognition program for schools that implement changes.
- 6.) Create incentive for schools to offer at least one locally grown fruit or vegetable during the fall semester.

Additional Strategies:

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Topic Area: *Nutrition*

6.) Increase the number of schools that provide sequential nutrition education in grades K-12 that is behaviorally focused, uses active learning skills and is integrated with the School Meals Program.

Example Strategies:

- 1.) Partner with Kids First, Coordinated School Health Program, Healthy Schools Coalition, etc. to advocate for adequate time for school meals.
- 2.) Provide model policy regarding adequate time for school lunch and breakfast to School Wellness Subcommittees.
- 3.) Provide education to School Wellness Subcommittees regarding the need for this policy.
- 4.) Advocate for a state policy mandating adequate time for school meals.
- 5.) Educate legislators regarding the need for this policy.

Additional Strategies:

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7.) *Increase the number of schools with farm-to-school programs.*

Example Strategies:

- 1.) Partner with Farm Fresh RI, Division of Agriculture, Coordinated School Health Program, Kids First, etc. to increase the number of farm to school programs.
- 2.) Implement Happy Apple Award for schools and school districts that purchase the most local produce and most creatively integrate local produce into the school environment.
- 3.) Create communication/media campaign around the award to increase awareness.
- 4.) Advocate for legislation that provides tax incentives for schools and food service companies that purchase local produce.
- 5.) Expand and strengthen school-based purchasing relationships with local farmers.
- 6.) Maintain on-line database of local farms geared toward Food Service Directors that includes recipes for institutions, harvest calendar, "kid picks", menu ideas, promotional materials and more.
- 7.) Offer "Farm Tours" at reduced price to all food service directors; create "package deals" for kitchen staff to visit farms; offer "fresh food" tasting events.
- 8.) Create "Staff Education" program for public school district including trip to farmers' market, to farm, to processing plant and to kitchen for taste testing .

Additional Strategies:

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Topic Area: *Nutrition*

8.) *Increase the number of schools with nutrition education programs and educational information for staff and families.*

Example Strategies:

- 1.) Partner with Worksite Wellness Council of RI and *Get FIT RI* to facilitate school participation in state worksite wellness initiatives.
- 2.) Develop and implement pilot school worksite wellness programs.
- 3.) Finalize content and offer online professional development programs on nutrition.
- 4.) Partner with HEALTH communications staff to disseminate news about nutrition related school activities to local media and papers.
- 5.) Develop and submit short wellness articles to be disseminated to parents through RIASP newsletter.

Additional Strategies:

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9.) Increase the number of schools that adopt state nutrition guidelines for all foods and beverages sold and served in after school programs.

Example Strategies:

- 1.) Partner with the After School Alliance, Kids First, Coordinated School Health Program and the Healthy Schools Coalition to advocate for adoption of state nutrition guidelines for after school programs.
- 2.) Encourage After School programs and organizations to participate in School Wellness Subcommittees.
- 3.) Advocate for nutrition education to be provided as part of after school programs.
- 4.) Provide training and technical assistance to after school program staff regarding state nutrition guidelines and nutrition education.
- 5.) Provide After School Programs with toolkits to assist in implementation of guidelines.
- 6.) Assist after school programs in identifying funding for training and educational programs.

Additional Strategies:

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Topic Area: *Nutrition*

10.) Implement a statewide ban on the advertisement of unhealthful foods and beverages on school television programs (e.g. Channel 1).

Example Strategies:

- 1.) Advocate for legislation that bans the advertisement of unhealthy foods and beverages on school television channels.
- 2.) Partner with communication staff to develop educational information for media to assist with advocacy efforts.
- 3.) Mobilize PTOs to advocate for the banning of unhealthy food commercials in schools.
- 4.) Educate School Wellness Subcommittees about harmful effects of unhealthy food commercials on school television channels and solicit their participation in advocacy efforts.

Additional Strategies:

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Breakout Group: *Schools*

Topic Area: *Physical Activity*

11.) Increase the number of elementary schools that provide 150 minutes of physical education per week for all students that is aligned with the RI Physical Education Standards.

Example Strategies:

- 1.) Partner with DOE, Kids First, RIAHPERD and HSC.
- 2.) Require health/PE teachers be trained on RI PE standards.
- 3.) Train schools/teachers on curricula such as SPARK PE or CATCH to help meet RI standards.
- 4.) Provide ongoing TA through booster workshops, HSC meetings, etc.
- 5.) Provide wellness subcommittees with best practices and guidelines in toolkits for PE.
- 6.) Provide all schools with standards and appropriate training.
- 7.) Create school award/recognition program that lists daily PE as a requirement.
- 8.) Educate administrators on the health and academic benefits of PA/PE 7.
- 9.) Identify and secure funding.
- 10.) Use known programs like SPARK PE and CATCH, and incorporate assessments like *TriFit* or *Fitness Gram*.
- 11.) Advocate for daily PE and improvements in PE through administrator education, utilizing state or district success stories.
- 12.) Develop legislative agenda.
- 13.) Incorporate info into subcommittee toolkits, and advertise success stories to RI's school districts.

Additional Strategies:

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Topic Area: *Physical Activity*

12.) Increase the number of middle and high schools that provide 225 minutes of physical education per week for all students that is aligned with the RI Physical Education Standards.

Example Strategies:

- 1.) Partner with DOE, Kids First, RIAHPERD and HSC.
- 2.) Require health/PE teachers be trained on RI PE standards.
- 3.) Train schools/teachers on evidenced-based curricula such as SPARK PE or CATCH should these would help to meet RI standards.
- 4.) Provide ongoing TA through booster workshops, HSC meetings, etc.
- 5.) Provide wellness subcommittees with best practices and guidelines in toolkits for PE.
- 6.) Provide all schools with standards and appropriate training.
- 7.) Create school award/recognition program that lists daily PE as a requirement.
- 8.) Educate administrators on the health and academic benefits of PA/PE 7.
- 9.) Apply for funding.
- 10.) Use known programs like SPARK PE and CATCH, and incorporate assessments like *TriFit* or *Fitness Gram*.
- 11.) Advocate for daily PE and improvements in PE through administrator education, promotion of other state or district success stories, etc.
- 12.) Develop legislative agenda.
- 13.) Put info in subcommittee toolkits and distribute success stories via school network and website.

Additional Strategies:

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Topic Area: *Physical Activity*

13.) Increase the number of schools with policies or programs that provide opportunities for physical activity that are not a substitute for PE.

Example Strategies:

- 1.) Partner with DOE, Kids First, RIAHPERD and HSC.
- 2.) Require staff training on incorporating PA into the curriculum.
- 3.) Provide ongoing TA.
- 4.) Advocate for PA during the day.
- 5.) Endorse State PA policy for schools.
- 6.) Provide info on *Brain Gym*, *Take 10*, and other promising practices.
- 7.) Provide model policies on integrating PA and on requiring recess.
- 8.) Add PA during the school day to Governor's Awards Program.
- 9.) Apply for funding.
- 10.) Create incentives for schools to adopt these policies.
- 11.) Educate decision makers about benefits of PA during the school day in terms of both health and academics.
- 12.) Secure funding to purchase programs and train staff.
- 13.) Use programs such as *Take 10* or *Brain Gym*.
- 14.) Launch rescuing recess campaign using Cartoon Network.

Additional Strategies:

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Topic Area: *Physical Activity*

14.) Increase the number of after school programs with policies or programs that encourage physical activity.

Example Strategies:

- 1.) Build partnerships with groups working in before and after school care (e.g., After School Alliance, HSC, Jackie Ascrizzi).
- 2.) Mobilize communities around the need for after school care, especially in underserved areas and the need for after school PA.
- 3.) Encourage ASPs to join HCS.
- 4.) Train ASP providers on programs like SPARK AS.
- 5.) Provide ongoing TA to sites using the program.
- 6.) Advocate for low cost ASPs that provide PA and policies that institutionalize ongoing training.
- 7.) Provide ASPs with guidelines and best practices, including model policies for programs to set aside time, require regular training, etc.
- 8.) Develop an ASP award program to include incentives for ASPs to include publicity or advertising of PA.
- 9.) Educate ASP administrators about the benefits and ease of PA in the ASP setting.
- 10.) Secure funding for curriculum and training.
- 11.) Develop ASP campaign, using After School Alliance PSAs.
- 12.) Develop ASP parent guide that includes all RI after school programs that have PA programs.

Additional Strategies:

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Topic Area: *Physical Activity*

15.) Increase the number of schools that provide families with opportunities to be physically active.

Example Strategies:

- 1.) Partner with community centers to bring programs onsite like YMCAs.
- 2.) Mobilize community around schools as a PA resource.
- 3.) Communicate through local papers, media and school newsletters.
- 4.) Include in parents engagement piece of toolkit.
- 5.) Provide ongoing TA.
- 6.) Advocate for schools opening facilities to communities or linking with existing programs for the community.
- 7.) Develop model policies.
- 8.) Research liability issues.
- 9.) Research initiatives in other states.

Additional Strategies:

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Topic Area: *Screen Time*

16.) *Increase the number of schools that address screen time education in their school improvement plans.*

Example Strategies:

- 1.) Educate school improvement teams to use SALT data to ID screen time problems.
- 2.) Supply them with BP and guidelines and model programs such as *Planet Health* or *Eat Well*, or *Keep Moving*.
- 3.) Review Robinson's programs for applicability.
- 4.) Declare No TV In RI/New England Week (TV Turnoff WEEK).
- 5.) Develop model language for use in plans.
- 6.) Provide training on selected curriculum or program.

Additional Strategies:

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Topic Area: *Screen Time*

17.) Increase the number of after school programs with policies or programs to reduce screen time.

Example Strategy:

1.) Implement/tailor programs such as *Planet Health*, *Eat Well* and *Keep Moving*.

Additional Strategies:

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Breakout Group: *Schools*

Topic Area: *Breastfeeding*

18.) A breastfeeding education charter curriculum will be implemented in an increased number of pilot charter schools in Rhode Island.

Example Strategies:

- 1.) Partner with Breastfeeding Coalition and Charter Schools to identify schools that might be interested in piloting breastfeeding education curriculum.
- 2.) Provide sample breastfeeding curriculum to pilot (e.g., New York state's).
- 3.) Provide training and technical assistance as needed.

Additional Strategies:

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Breakout Group: *Schools*

Topic Area: *Healthy Weight*

19.) Increase the number of schools that offer obesity prevention programs for staff and families.

Example Strategies:

- 1.) Educate Wellness Subcommittee about benefits of providing obesity prevention programs for staff and families.
- 2.) Partner with Worksite Wellness Council of RI and *Get FIT RI* to facilitate school participation in state worksite wellness initiatives.
- 3.) Develop and implement pilot school worksite wellness obesity prevention programs.
- 4.) Provide schools with model programs that could be used.
- 5.) Provide training and technical assistance to schools as they implement the programs.
- 6.) Assist schools in finding funding for such programs.

Additional Strategies:
